



Special Warfare Combatant-craft Crewman ***SWCC***

Welcome Aboard!

Congratulations on your decision to join the Navy and accelerate your life! Be assured that your career in the Navy will be one you will enjoy and be proud of! You have qualified and volunteered to enlist in the SWCC program. This program is guaranteed to challenge your strength, stamina, mental focus and heart. Your career as a Special Warfare Combatant-craft Crewman will be exciting, rewarding and filled with many challenges.

SWCC is an acronym for Special Warfare Combatant-craft Crewmen. The members of SWCC drive a variety of Special Warfare craft. They support SEALs and other Special Operations Command forces during their maritime and riverine missions, and conduct unconventional small boat operations such as coastal/riverine patrols.

The SWCC course is divided into units of instruction that will prepare the student to function as a basic crewmember on his first sea-duty tour with a Special Boat Team. This training provides the foundation for the SWCC Individual Skills and Tactics Training Program conducted at the SBTs.

Although the history of littoral warfare dates back more than 900 years, Special Boat Units trace their origins to the "brown water" naval force employed during the Vietnam conflict. Literally starting from scratch in 1965, by the end of the conflict seven years later this force had grown into three specialized task forces totaling more than 700 craft and 38,000 men.

Today, SEAL Teams, SEAL Delivery Vehicle (SDV) Teams, and Special Boat Teams comprise the elite combat units of Naval Special Warfare, a service component of the United States Special Operations Command. These units are organized, trained, and equipped to conduct a variety of missions, including unconventional warfare, direct action, special reconnaissance, foreign internal defense, and counter-terrorism missions. They also support psychological and civil affairs operations in maritime and riverine environments. These highly trained specialists are deployed worldwide in support of National Command Authority objectives, conducting operations with other conventional and unconventional forces.

The wide range of tasks performed by Naval Special Warfare Forces and their outstanding combat record have earned a respected and enduring reputation. Naval Special Warfare offers a personal challenge to interested individuals. Be someone special! The program will push you to your physical and mental limits, again and again, until you are physically and mentally hard and strong, and ready for the adventure of a lifetime in the Special Boat Teams. If you are ready for both a challenge and an adventure, the Navy has just the training to test your mettle. As a SWCC student, you will participate in a challenging training environment and encounter opportunities to develop and test your stamina and leadership. The training is extremely thorough academically, physically, and mentally, but through adequate preparation and a positive attitude you can meet this challenge with confidence.

The workout schedules that follow are designed to prepare you physically for SWCC. You are the one who must be prepared to give all you have every day. At SWCC it is essential to live, eat, and sleep SWCC. One-hundred-ten percent is required of you every day. If you meet this challenge head on with determination not to fail or quit, it will be the most rewarding time of your life. Good Luck!

SWCC training is not designed to "get you into shape"; you are expected to be in top physical form when you arrive for training. For this reason and to ensure you meet the minimum physical

requirements, you will be **required** to pass a physical fitness/screening test while you are in basic training. This test consists of a 500-yard swim in 13 minutes, 42 push-ups in 2 minutes, 50 sit-ups in 2 minutes, 6 pull-ups, and a 1.5-mile run in 12 minutes and 30 seconds. You will have to successfully complete this test before you leave basic training.

It is recommended that you maintain a routine of physical fitness in order to prepare yourself physically for the rigorous training. Ensure you are mentally prepared as well; this program offers unique challenges and you are expected to give 110%! Although this training is some of the most difficult the Navy has to offer, you can expect to be rewarded with an exciting and rewarding career with many great opportunities as well as specialty pays to include sea pay, parachuting pay and special duty pay.

Your expected career path as a Navy Special Warfare Combatant-craft Crewman

Yrs. Svc.	Rank	Duty Station/Duties
1		Recruit training/"A" School/SWCC School/SERE School/Basic Jump School
2	E-4	
3	E-5	First Sea tour Special Boat Team (SBT)
4		Detachment Chief Engineer/Petty Officer in-charge (POIC) LPO MK V/ RIB DET
5	E-6	
6		First Shore tour/Instructor at Naval Special Warfare Center SWCC School /Master Training Specialist
9		
10		Second sea tour at SBT
14	E-7	Detachment Officer in Charge(OIC) LCPO
15		Second Shore tour Naval Special Warfare Group/Naval Special Warfare Command Staff
18	E-8	
19		SBT CMC
21	E-9	
22		Naval Special Warfare Group CMC/Staff
24		

For more information please visit the following websites: www.swcc.navy.mil, email motivators@navsoc.navy.mil or call toll free 888-876-7325.

Once again shipmate, welcome aboard! Good luck in your Navy career!